

insight

November 3, 2008

Legacy institute receives prestigious accreditation

Legacy Institute for Surgical Education and Innovation (LISEI), a new center for education and research, was recently accredited by the American College of Surgeons Division of Education as a Level 1 Regional Education Institute.

Legacy is the first community health organization on the West Coast and the second nationally to receive this honor. The American College of Surgeons (ACS) began this accreditation process nationwide two years ago to enhance the quality of surgical education and patient safety.

"I believe Legacy's Level 1 accreditation by the ACS is a signal recognition of our long history of surgical education, and an acknowledgment of the excellence of our training programs for residents, nurses and community surgeons," says Lee Swanstrom, M.D., medical director of the Legacy Minimally Invasive Surgery Program. "Being a part of the ACS regional training center program will bring increased focus to our programs, an opportunity to expand our simulation capabilities and add to our already extensive education offerings."

The Legacy Institute for Surgical Education and Innovation is composed of the Legacy Minimally Invasive Surgery Program, the Carl Peterson Education Center at Legacy Emanuel Hospital and the Legacy Emanuel Trauma Center. Directed by Dr. Swanstrom, LISEI represents a unique comprehensive model for providing high-quality education and research opportunities for practicing surgeons,

surgeons-in-training, operating room technicians and other interdisciplinary team members.

"Legacy is honored by the ACS accreditation of LISEI and is committed to educating the region's physicians and advancing surgical research," says Legacy Chief Medical Officer Jack Cioffi, M.D.

Educational activities within LISEI follow the guidelines developed by the American College of Surgeons. In addition to enhancing the knowledge and skills of individual healthcare providers, LISEI emphasizes the importance of training healthcare providers as an integrated team. The ultimate goal is to use advanced simulation and lab training to create a safe operating environment and

to provide state-of-the-art surgical care to patients.

LISEI offers surgeons from the region an easy and convenient access for Fundamentals of Laparoscopic Surgery certification, which is a prerequisite for American Board of Surgery certification. It also provides a full range of Continuing Medical Education, Graduate Medical Education and one-on-one training opportunities.

Future plans for the institute include offering basic training in robotic surgery and newer minimally invasive techniques. ✕

"Legacy's Level 1 accreditation by the ACS [American College of Surgeons] is ... an acknowledgment of the excellence of our training programs for residents, nurses and community surgeons."

*— Lee Swanstrom, M.D., medical director
Legacy Minimally Invasive Surgery Program*

Gustafson Award honors outstanding employees

Do you know someone who goes an extra mile to make life easier for patients and colleagues?

Maybe you know an excellent team player, or a co-worker who is always upbeat and makes you feel better during a tough day.

If you know a colleague who fits these descriptions, now is your opportunity to nominate him or her for the Oscar and Helen Gustafson Employee Award.

Nominations are open to all Legacy staff for the annual award that honors Oscar Gustafson Jr., a long-time administrator at Legacy Emanuel Hospital, and his wife, Helen.

Many of the traits key to Oscar Gustafson's successful career in healthcare have become what is known today as Legacy's Preferred Employee Profile. When Gustafson retired in 1984, an endow-



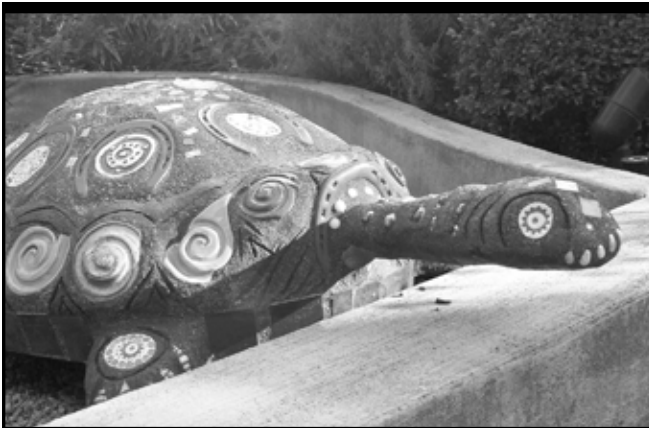
Oscar Gustafson Jr.

ment was established through the Emanuel Medical Center Foundation to recognize outstanding employees.

The deadline for Gustafson Award nominations is Dec. 15. Award requirements and nomination forms are available at Human Resources kiosks at each Legacy location or on the Legacy intranet at Employee Programs > Employee Recognition > Awards. Completed forms may be submitted by interoffice mail to Tina

Kofoed, Recognition Programs coordinator, Legacy System Office.

Awards will be presented at the employee recognition banquets in February and March 2009. In addition, winners will receive an engraved award and their choice of a Fred Meyer gift certificate, a Costco gift certificate or an overnight stay at the Oregon Coast. ✕



Turtles join Oregon Burn Center garden

Two stone and mosaic turtles were recently added to a new children's play area in the healing garden at the Oregon Burn Center. The turtles were funded by the family of Brent Lee Larwick, who died from electrical injuries while at work. Members of the International Brotherhood of Electrical Workers and other friends wanted to help other burn victims and selected the Oregon Burn Center as the beneficiary. Their contributions to Emanuel Medical Center Foundation will add more child-friendly elements to the garden and support the Burn Injury Education and Prevention program. The turtles for the Oregon Burn Center were designed by local artist Ben Rosenberg. His parents, Lilli Ann and Marvin Rosenberg, created the turtles on display in the Children's Garden at Legacy Emanuel Children's Hospital.

Get SMART through Legacy's child literacy program

One in three Oregon fourth-graders reads below the basic level — a troubling statistic.

Studies have shown that children who don't learn to read by third grade are more likely to struggle with reading as adults, drop out of school and be less successfully employed.

But, you can help.

As a Start Making a Reader Today (SMART) volunteer, you can read with two children for one hour a week during the school year. SMART is a book and reading program for children in kindergarten through third grade in low-income communities. Legacy and other area organizations provide volunteers and funds to operate the program. This year, SMART hopes to serve more than 11,600 children throughout Oregon.

In addition to providing a forum for reading, SMART also gives every student two new books a month to keep. These books often are the only ones that SMART children have in their homes.

More information about SMART and other child literacy programs offered through Legacy — Legacy Literacy Improvement Today (LLIT) and Legacy Mentoring A Kid Effort (LMAKE) — is available in Outlook at Public Folders > System-wide > LLIT/LMAKE or by contacting LLIT/LMAKE coordinator Polly Henjum at phenjum@lhs.org or 503-413-7262. ✕

Want to be smoke-free? Legacy will waive the fee

If you've been thinking about kicking a nicotine habit, the Great American Smoke-Out on Nov. 20 is a perfect opportunity to become smoke-free. But Legacy employees who want to quit smoking have more than just one day to do it for free — they have two months.

In November and December, the Benefits Department will waive the \$100 enrollment fee for the American Cancer Society's tobacco cessation program. Full and part-time employees, regard-

less of benefit status, and their dependents over age 18 enrolled in a Legacy medical plan are eligible for the program and the fee waiver.

To enroll in the tobacco cessation program or for more information about the Great American Smoke-Out, call the American Cancer Society quit line at 1-866-975-7848. ✕



Employee wellness...caring about you

Got your flu shot yet?

The flu season is upon us. And the flu vaccine is a quick, safe and effective way to protect against catching what can sometimes turn into a serious illness.

Legacy's Employee Health presents the facts about some common myths regarding the flu vaccine:

Myth *The flu shot will make me get the flu.*

Reality You cannot get the flu from a flu shot. The vaccine is made from inactivated viruses, which means they cannot cause infection. Most people experience soreness at the spot where the vaccine was injected, and in a few cases they may develop a fever or muscle aches. If these side effects occur, they begin soon after the shot and usually last one to two days.

In some rare cases, people are allergic to the vaccine and may develop a reaction: Talk to a physician before getting a shot if you have ever had a severe allergic reaction to eggs or a previous flu shot, or if you have a history of Guillain-Barré syndrome.

Myth *The flu shot doesn't work.*

Reality Most of the time, the flu vaccine will prevent the flu. If you get flu-like symptoms after receiving the

shot, chances are you were exposed to the flu virus prior to getting the shot or during the brief period it takes for the body to gain protection after being vaccinated. To help prevent either of these situations from occurring, get your flu shot as early in the flu season as possible.

Studies have shown that the effectiveness of the vaccine ranges from 70 to 90 percent. Getting vaccinated is the best way to protect against this disease.

Myth *I got a flu shot last year, so I don't need one this year.*

Reality The virus strains contained in the vaccine vary from year to year based on worldwide forecasts about which virus strains are most likely to cause illness in the upcoming flu season.

Even if you think you won't get sick, why take a chance? Get a flu shot and help keep the community safe. And don't forget that patient mortality rates decrease when healthcare professionals are vaccinated against the flu.

Watch for flu carts in your unit or department, or contact the Employee Health office at your location for more information about flu vaccinations.

Commute challenge tests employees' biking skills

A record 189 Legacy employees put their mettle to the pedal in September as part of the 2008 Bike Commute Challenge.

"This was the largest group we've had in the past four years," says Legacy fitness centers supervisor Leif Spencer, who coordinated Legacy's efforts in this year's challenge.

The event was sponsored by the Bicycle Transportation Alliance, a nonprofit organization based in Portland that promotes bicycling and improving bicycling conditions in Oregon and southwest Washington.

Legacy joined more than 450 Portland-area organizations and businesses in the month-long

challenge. Employees logged the number of miles they biked to and from work every day.

"Our group had a wide range of experience in bike commuting — from expert bicyclists to employees who biked to work for the first time," Spencer says. "Congratulations to all of them for completing the challenge."

The 25 Legacy participants with the most miles each received a 2008 Bike Commute Challenge T-shirt. Although the Bike Commute Challenge has ended, Spencer says it's never too late to start biking to work. To learn more about options for bike commuting, visit the Bicycle Transportation Web site at www.bta4bikes.org. ✕

INSIGHT CLASSIFIEDS

Announcements

Wanted: preferred employees! We're paying you to help. You will be rewarded for a referral who becomes a regular Legacy employee. Email the referral forms on Legacy's intranet or where HR forms are found. Call 503-415-5405.

"Controlling Diabetes with Food, Fitness and Fun!" will be held on Saturday, Nov. 1, 9:30-11:30 a.m. at Good Samaritan Hospital, Building 2, Auditorium. Employees are welcome to attend. The event is free. Pre-registration is required. Call 503-335-3500 to register.

American Diabetes Association is raffling a 2009 Harley-Davidson Dyna Super Glide. Tickets \$20. Drawing at Gala Auction 11/1/08 at Convention Center. Need not be present to win. Flier at diabetes.org/adaor/gala/Raffle.asp or call the ADA, 503-736-2770.

Three-day intensive training on Fetal Alcohol Spectrum Disorders will be held Nov. 20-22 9 a.m.-4 p.m. at Mark Spencer Hotel in Portland. Training open to parents and professionals who live or work with children, adolescents or adults with this condition. Cost \$325; registration required. More info: Wendy Temko, 503-621-1271 or wtemko@fasctets.org.

The family of Ray V. Grewe, M.D., wishes to thank everyone for their condolences following his recent death. The family would like to collect your memories of him. Anecdotes, stories, photos and memories can be sent to Grewe, PO Box 103, Underwood, WA, 98651 or rvmemory@comcast.net. Thank you in advance for helping us to keep his memory alive.

Vehicles and Boats

'94 Lincoln Town Car special edition, 91K, always garaged, AM/FM radio, Kenwood CD player with remote, tinted windows, upgrade RB wheels, \$5,000. 360-258-7324/360-601-9096.

'04 Volvo S40, \$13,000, 53,400 miles, new tags, all power, auto with turbo, great gas mileage, sunroof, tan leather interior, anti-lock brake system, all service done at Jim Fischer Volvo. Michelle 503-249-8607.

'01 Isuzu Rodeo, 98K, 2WD, auto, loaded, very good cond. original owner, silver color, new shocks, \$5,500. Jennifer 360-210-7394.

'01 Harley-Davidson Road King Classic, \$11,950, lots of TLC, burgundy with matching hand bags, spoke wheels with white walls, 19K, pics available via e-mail. Fred/Cindy 503-252-1379, bayfido@yahoo.com.

'05 Chevy Malibu LS, 34 mpg/hwy and 26 mph/city, excellent condition, 77K, V6, power windows/doors/driver's seat/pedals, CD, A/C, keyless entry, new brakes, \$10,500. joshua.sara.foster@wbcable.net for pics and more info.

Homes for Sale

Vancouver, 5 minutes to SCH, 2,464sf, completely remodeled home on just under 1 acre surrounded by mature fir trees, granite counters, fantastic floors, pool table, secluded park-like backyard with playground, great family home in a cul-de-sac, reduced price to \$335,000, MLS #8097155. Chris 360-931-3180.

NE Portland, close to EH, classic English Tudor, period charm with modern updates and pride of ownership, brick entry walk to orig front door, hardwood floors, newly painted LR & DR, built-ins, fireplace, A/C, kitchen original tile counters and cabinets, new DW, range and cozy nook, many upgrades, 3 bed with large closets + den or nursery/1.5 bath, pro landscape, fenced, 2-car garage, much more, near shopping and Kennedy School, \$455,000, MLS #8090615. Kristi 503-203-6771.

Cedar Mill new custom home, 4 bed/2.5 bath, 3,300sf, stunning interior with granite slab, décor tile, extensive millwork, den, huge bonus room, 3-car garage, ideal location minutes to Portland & high-tech, priced to sell or lease option. 503-348-6941.

Close-in Milwaukie, beautiful remodeled 1945 cottage-style home, living/dining/family rooms, mudroom, hardwood floors on main, walnut inlay and custom chestnut counters in kitchen, travertine and slate fireplace with wood stove insert, crown molding, 3 bed/1 bath, wrap-around porch with English cottage style garden, deck and 6' cedar fence in dog friendly backyard, detached 2-car garage, \$250,000. Jen 503-484-7407.

Invest in yourself in Vancouver, \$219,500, 1814-1816 Z St, 98661, fully occupied duplex, 2 bed/1 bathroom rented at \$750/month, 3 bed/1.5 bath rented at \$1,075/month, tenants pay all utilities, serious inquiries only, <http://www.vflyer.com/home/flyer/home/1101169>. 503-890-1739.

Montana Crossing condo, new 2 bed/1 bath, single-level, engineered cherry floors, granite counters in kitchen and bathroom, custom maple cabinets, SS appliances, tankless hot water heater, high-efficiency furnace, low-E argon-filled vinyl windows, low-voltage media centers, Berber carpeting, sound-dampening floor system, acoustical insulation, private balcony, close to EH, 5 units for sale, \$229,900-\$244,900 or rental. 503-522-4859.

Maplewood/Multnomah Village home, built in '02, 3 bed/2.5 bath, open floor plan, living/dining/den/office, tall ceilings and view windows, professionally landscaped yard, private patio with fountain, spacious view deck with french doors, A/C, Rain-bird 7-zone watering system, low-e glass, totally insulated, bamboo flooring, kitchen with central granite island with seating, master with walk-in closet, soaking tub and separate shower, oversized garage with opener, minutes to shopping and parks, pics at www.5112swtexasst.com. Phil 503-222-3300.

Westlake area, Lake Oswego, stunning contemporary, 4 bed/2.5 bath, Street of Dreams home, 3,563sf, 3-car garage, 2 sunrooms, living/family/formal dining, master suite sauna and woodstove, large kitchen with island, nook, 2 fireplaces, built-in vacuum, large fenced backyard, new paint inside and out, refinished hardwood floors, new windows and carpet, minutes from I-5, shopping and schools, \$600,000. 503-723-5922 for link to web-site photos.

Troutdale starter home, 3 bed/1 bath, heat pump, new windows, fully insulated, large backyard, near park and shopping, easy freeway access, \$180,000. 503-490-3688.

Homes for Rent

North Portland attached apartment, living area is studio-like, 1 bedroom, full bathroom and kitchen, private entry, shared laundry in basement, shared yard and porch, close to UP, EH, markets, restaurants and coffee shops, utilities included, \$650/month, 1st and last and \$150 cleaning deposit, available 11/7/08. Jan 503-875-1402.

Vacation Getaways

Sunriver Ranch cabin, sleeps 6, 2 bed + loft bed/2 bath, 4 bikes, gas fireplace, \$100/night + \$75 cleaning fee, no smoking or pets. Marcia 503-620-3779, jpmek@verizon.net.

Sunriver pole house, 4 bed + loft bed/2 bath, sleeps 10, fully furnished, \$150/night + \$65 cleaning fee. Rachel 503-644-8183.

Beautiful mountain home in Welches, near golf course, easy access to hiking/skiing, 4 bed/2 bath, sleeps 8-10, full kitchen, living room with stone fireplace, family room with wood stove, spacious deck with BBQ, DVD/VCR/cable, covered parking, \$130/night, weekly rates available. Ted/Gail 503-231-9562, tedstittser@comcast.net.

Deluxe home in Scottsdale, AZ, 2 bed/2 bath, sleeps 4, fully furnished and equipped, fireplace, great room, wifi, W/D, large private flagstone patio with Kiva, BBQ, community pool/spa close by, no smoking or pets, weekly rates starting at \$995/week. 503-641-2011.

Las Vegas timeshare, 3 nights, Sun-Tue, you pick the dates based on availability, 2 bed/2 bath, sleeps 6, kitchen, 2 sand beach pools, all amenities, minutes from strip, usual rent is \$499/night vs. your price of \$375/night. 503-348-6941.

Sunriver home, 3 bed/2 bath, sleeps 8, fireplace, 4 TVs, 3 DVD players, VCR, stereo, W/D, large deck with hot tub, BBQ, pool table, 2 adult bikes/2 children's bikes. 541-884-6771, dougmcini@aol.com for more info and rates.

Fabulous Disney World area (Kissimmee), minutes from Disney parks, luxurious 5 bed/3.5 bath, private pool, discounted rates for Feb 7-28, 2009, pics at www.magicalmanor.com. 360-883-2130/360-771-0981, zmbek@comcast.net.

Mt. Hood river house, Welches, on Salmon River, lovely 2 bed/2 bath, sleeps 6-9, 2 queen beds + 2 bunks, newly refurbished, fully equipped, deck & patio on river, across from golf, short drive to ski, W/D, woodstove, BBQ, cable, wifi, no smoking/pets, from \$115/night, pics: www.rauchmtcabin.com. 503-244-9019, cdrtetherd@gmail.com.

Sunriver house, 3 bed/2 bath, sleeps 6, spa, satellite, wifi and more, from \$125/night, pics at www.sunriver-rental.info. 503-684-8082.

Mt. Hood classic Steiner log cabin on Clear Creek, near ski/golf, full kitchen, cable, fireplace, sleeps 8, pics at www.clearcreeklog-cabin.com. 503-698-7048.

Manzanita beach house, available Thanksgiving (4-night minimum), other dates (2-night min), 3 bed/1 bath, with woodstove/fireplace, BBQ, TV/VCR/DVD, iPod compatible stereo, no smoking, well behaved dog ok with pet fee, no cleaning deposit (u-clean), \$100/night + 7% tax. Kathy 503-684-5946.

Items for Sale

Blue velvet sofa and chair set, \$150; 2 end tables, \$25 each; coffee table, \$50; solid oak entertainment center, approx 7' x 7' with 2 lighted compartments, \$225; '70s retro wood-grain table & vinyl chairs, \$125; king oak waterbed also. Ross 360-910-3821.

12" sliding compound miter saw with laser, 3 years old, \$50. 360-896-1308.

Kirby vacuum/shampooer, has attachments for hardwood floors, stairs, ceilings, etc., bought for \$2,000, sell for \$1,000. Bryan 503-256-9596 after 5 p.m.

Upright Yamaha piano, like new, \$1,200; blue and terracotta plaid loveseat, \$100; coffee table with oak claws, \$100; white coffee pot, \$5; white rice/veg steamer, \$5; 30-gallon trash can with lid, on rollers, \$5. Patty 503-860-3319/503-280-1271.

Yakima roof rack, fits '06-'09 Honda Civic 4-door, Q tower, clips, bars, locks and one viper/fork mount bike rack, used less than 1 year, new \$400, sell \$180 OBO. 503-645-2013.

75-gallon glass fish tank and wood cabinet stand, both in good condition, stand has removable supports for a shelf above (70"H), tank 48"L x 21"H x 18.5"D, cabinet stand 50"L x 23"H x 19"D, \$125 OBO, must sell! Mel 503-312-3597.

Hawthorne Village pieces: Christmas town train station, Santa's on his way, bubble and town Christmas tree, home, Christmas tree, dental office, holiday home with song and post office, all light up, \$25 each. 360-258-7324.

Whirlpool gas dryer, works \$50. 503-297-6582.

Mission-style library table, early 1900s, oak with dark finish, 3' x 5' x 31", 2 drawers, \$300. 503-890-4232.

Mattress and box spring, queen, firm, 5 years of use, some damage from cat scratching on corners, \$150 OBO. 503-890-4232.

13" color TV (no combo VCR), excellent condition, 6 years old, \$25. 360-891-3656 after 6 p.m.

Large wood wine bar with shelves for storage/wine glasses, \$400 OBO. Phyllis 503-285-4180.

Hancock studded snow tires, 225/60R16, excellent condition, hardly used 1 season, \$180/4 tires. Steven 503-622-6203.

Toddler bed, natural maple finish, built-in bedrails and pull-out drawer underneath, in great condition, \$50. Carrie 503-885-8625.

Two ASU vs. UW football tickets for 11/8, \$100, lower level, south side, covered seats, 15-yard line, good seats, Sect 28, row HH. Ami 503-577-8537.

Mission-style solid hardwood entertainment center, natural oak color, framed leaded glass door, 56"H x 16"D x 52"W, spaces for CDs/DVDs/DVD player/stereo equipment/TV, opening for TV is 23"H x 30"W x 16"D, slightly used, 3 small dings, purchased \$700, sell \$200; Ikea navy couch, \$100, u-haul, photos available. Tanya 503-347-0552, nurse.peterson@gmail.com.

Daybed, in good condition, contains 6 drawers for lots of storage, mattress included, u-haul, \$100 OBO. 503-841-5880/425-765-0367.

NutriSystem plan meals/snacks, over 1 month supply, 2 large boxes, worth \$350, sell for \$200 OBO. Mary 503-317-4228.

Bridal slip, size 18W, for A-line style dress, zipper closure, worn once, paid \$65, sell \$30; bridal slip, one-size, for A-line style dress, tie closure, worn once, \$15. Mary 503-317-4228.

Hugo folding walker, \$35, lightweight, hold up to 300 lbs, used 2 weeks, folds easily, no wheels, easy tool-free assembly, blue, pics upon request. 503-890-1739, martin_j5@msn.com.

Pets and Supplies

Incredibly adorable 6-month-old female cairn terrier with papers, very funny and playful, unfortunately family is too busy to give the attention she deserves, see her face and you will fall in love, \$400, includes toys, feeding bowls and food. Mark/Janet 503-698-3133.

Foster and forever homes needed for retired racing greyhounds. 800-366-1472 for more info.

Large reward for safe return of my stolen/missing black/tan female miniature pinscher, no questions asked. Aurora last seen on Rosa Parks Way, 6/21/08. Please help me find her. Contact me day or night. 425-765-0367/503-841-5880.

Beautiful brown shorthair tabby, 6 months old, spayed female, microchip and current shots, indoor pet, very sweet and lovable to people, litter box, bed and toys accompany this little girl to a good home. 503-312-4392, fourmands@comcast.net.

Siamese kittens, 8 weeks old, males and females, medium/long hair, chocolate and blue points, some with white paws, friendly, box trained, \$50 cash. 503-620-6938.

Wanted

Roommate to share a new 3 bed/2.5 bath house in Aloha, \$375/month + 1/3 utilities, sorry no pets. rentalbuzz@gmail.com.

Roommate to share a 2 bed/1.5 bath house in St. John's, \$480/month, utilities included: phone, cable, Internet, W/D, minutes from GSH, good-size house with front porch, fenced yard and full basement, sorry no pets, available now. Mia 971-544-0125.

Caregiver for adorable 2-year-old girl in Canby, weekend coverage and occasional Mon/Wed afternoon, approximate 4 shifts/month, CPR certification required, will need to administer feeds and meds through G-tube, excellent experience for nursing students, \$13/hr, must pass state of OR background check before employment. ambers.mom@live.com if interested send resume and 3 references.

Carpools

Looking for person to share ride from East Vancouver to GSH or main office, work 7:30 a.m. to 4:30 p.m. 5 days/week, have some flexibility. Robin 503-229-7339/503-998-6562.

Editor: Brian McNeill

503-415-5409; bmcneill@lhs.org

Insight is published on Mondays for Legacy Health System employees.

By policy, *Insight* does not advertise any business or publish phone numbers of businesses, such as real estate, etc. Vacation rentals are listed the first issue of each month.

Send submissions to "Insight News Editor." All addresses are found at the top right corner of the classifieds.

We welcome your contributions. For reasons of space and style, submissions may be edited or held for future issues. Articles must be received by noon on Thursday before a publication date (11 days before publication date). *Insight* ads must be received no later than noon, Monday, before a publication date. Legacy reserves the right not to print

submitted articles or ads. Ads are **not** taken by phone.

Legacy Health System, a nonprofit organization, includes Emanuel Hospital & Health Center, Emanuel Children's Hospital, Good Samaritan Hospital & Medical Center, Meridian Park Hospital, Mount Hood Medical Center, Salmon Creek Hospital, Legacy Clinics and CareMark/Managed HealthCare Northwest PPO. Legacy Health System is an Equal Opportunity/Affirmative Action Employer. © 2008

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